

Bran Delight

1/2 cup applesauce
1 cup prune juice
1/2 cup all bran cereal

Mix ingredients together.

Keep refrigerated.

Stays fresh for up to 2 weeks in the refrigerator.

Suggested serving:

Start with 1 tablespoon at once daily, can be increased to 1 tablespoon three times per day.

(1 tablespoon of bran delight provides 2 grams of fibre)

*Have 2 full cups (500ml) of any beverages with each serving.